

# **INTERNATIONAL YOGA DAY**

**21<sup>st</sup> June, 2017**

## **NSS REPORT**

**Jesus and Mary College**

**University of Delhi**

NSS JMC arranged a talk full of ardour and zeal on the 21 June 2017, promoting the INTERNATIONAL YOGA DAY- Relevance of Yoga in the contemporary time amongst the youth.

The students were made aware about the importance and benefits of yoga by Yogacharya Pawan Raipuria. An authorised yoga coach and lifestyle consultant, junior research fellow with central council for research in yoga and naturopathy (AYUSH) ministry of health and family welfare.

The onset of the event was earmarked by an Oath Taking Ceremony and was marked with the presence of the college principal, teachers and students. Around 100 volunteers gathered with the eagerness to gain an insight about how indispensable yoga is.

The students were also enlightenment about the Patanjali's Ashtanga Yoga. A number of asanas including kapalbhati, pranayam were explained in detail and demonstrated by the speaker and volunteers were made to participate.

The event ended with an interactive question and answer session. Many questions were raised from the audience some of which were related to food, health and lifestyle leaving all the participants with a positive thought of practicing yoga every day.

The focus was on how we can improve our lifestyle by incorporating yoga in our day to day activities and acquire physical, mental and spiritual coordination.



# **Yoga for Harmony & Peace**

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